



Baca Buzz

Volume 6, Issue 4

July/August 2015

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Round Rock Parks and Recreation

Mission: People dedicated & empowered to create a positive and memorable experience in people's lives.

Vision: An active, vibrant & beautiful city with a diversified and quality parks and recreation system that produces economic, health, & social benefits for the entire community.

Generational Tea Fundraiser—Great Success

Thank you to all the lovely ladies that participated in the Generational Tea Fundraiser for WBCO. The event raised \$651 for the WBCO program. Thank you to our generous sponsors: Cook Walden; The Dowdy House; Rick Atkins; My Envy Salon; Safari Champs; Movies 8; Fire in the Hole; Luby's; Linda Rider; Carla Hamlin and ALL the wonderful volunteers.

Health and Information Fair

Join the Baca Center for our annual Health and Information Fair on Friday, September 25, 9:00-11:30 am. HEB will be providing flu shots and there will be 28-30 vendors with pertinent health information. Here are a few things that may be available at the Health Fair: blood pressure checks, massage, hearing screening, spine screening and more. If you have Medicare Part B, your flu shot will be free, for all others the fee will be \$25 payable by check or cash ONLY.

Friday, September 25, 2015, 9 am-11:30 am

Summertime Picnic

Nothing says summer like a good 'ol fashioned summertime picnic. On Wed. July 8th, from 11:30 am-1:30 pm, we are going to take that concept to the next level by removing the pesky, biting ants and the sun's heat but leaving in all the fun and good time memories of summer by bringing our picnic inside. Grady Isaacks will grill hamburgers or hot dogs and include all those favorite picnic sides while we enjoy picnic games and live sing-a-long music provided by pianist, David Greenfield Bowie of the Austin Federation of Musicians. The games and sing-a-long are free and open to Baca members however, if you plan to have the picnic lunch, you must sign up and get your meal ticket in advance. Meal tickets are \$3 for members, \$5 for non-members.

OCTOBER 8, 2015

1:00-3:00 PM

VARIETY STARDOM SHOW



MUST register in advance at the front desk

DEADLINE: August 3, 2015

Will only accept 20 acts for the show

You can dance, sing, tell a joke, or read a poem

www.bacacenter.com

WEEKLY ACTIVITIES

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
10:10-11:10 am Beg. Line Dancing*	8:30-9:30 am Ultra Beg. Tap* NO classes June-Aug.	9:00-11:00 am Pickleball	10:00-11:30 am Writing Club	9:00-10:00 am Intro to Tai Chi*	9:30-11 am Computer Support* Baca members ONLY
10:30-11:00 am Sittercize	9:00-11:00am Wood Carvers	10:00-11:30am Chicken Foot Mexican Train	10:30-11:00 am Sittercize	10:00-11:30 am Tai Chi Advanced*	
12:30-4:30 pm American Chinese Mah Jong Club	10:00 am-2:00 pm Crafty Critters	10:30-11:00am Sittercize	12:30-1:30 pm Adv. Tap* NO classes June-Aug	10:00-11:30 am Bingo* <i>Grandkids age 7+ are welcome, June-August</i>	
12:45-3:30 pm Dominoes "42"	10:15am-12:00pm Klub Karaoke	12:30-3:30pm Dominoes "42"	12:30-4:00 pm Bridge for Fun	1:00-2:30 pm Sing-A-Long	
12:45-5:00pm Canasta	10:30-11:00 am Sittercize	1:00-3:00 pm Latin Dancing Baca Players Group will NOT meet July & August	12:45-4:00 pm Canasta Club OR Hand/Foot	1:45-2:30 pm Beg. Hula	
1:00-2:30 pm Writing Club	12:30-4:00 pm Pinochle ADVANCED PLAY	1:00-4:00 pm Spades/Hearts	1-2:30 pm Spanish Class	2:30-3:30 pm Adv. Hula Inst. Approval	
1:00-3:00 pm Pickleball	12:30-4:00 pm Texas Canasta		1:00-3:00 pm Tejano Time		
1:00-4:30 pm Duplicate Bridge ADVANCED PLAY & MUST have partner	6:30-9:00 pm Evening Bridge— ADVANCED PLAY & MUST have partner		2:30-4:00 pm Open Mic Practice		

***Requires registration, may
cost a fee and non-members
pay \$1 walk-in fee.**

WEEKLY FITNESS CLASSES

8:30-9:15 am Strength	9:00-10:00 am Cardio Combo— Level I	8:30-9:15 am Strength	9:00-10:00 am Cardio Combo— Level I	9:00-10:00 am Belly Dance Fitness	10:30-11:30 am Zumba
9:20-9:35 am Flex & Stretch	10:15-11:15 Cardio Combo— Level II	9:20-9:35 am Flex & Stretch	10:15-11:15am Cardio Combo— Level II	9:00-9:30 am Balanced Life	
9:40-10:25 am Strength		9:40-10:25 am Strength			
10:30-10:45 am Flex & Stretch		10:30-10:45 am Flex & Stretch			
		10:10-11:00 am Zumba	Fitness classes REQUIRE membership with weight room OR cost \$3/class		

OFFICE HOURS

Monday-Thursday—8 am-6 pm
 Friday—8 am-4 pm
 Saturday & Sunday—CLOSED
*Monetary transactions close
 30 minutes prior to closing.*

WEIGHT ROOM HOURS

Monday & Wednesday—8 am-7:15 pm
 Tuesday & Thursday—8 am-8:45 pm
 Friday—8 am-3:45 pm
 Saturday & Sunday—9 am-11:45 am
Orientation: 1st & 3rd Wed. at 11:00 am

MONTHLY ACTIVITIES

<u>Activity</u>	<u>Dates</u>	<u>Times</u>
Art Club	1st & 3rd Wednesday	1:00-3:00 pm
AARP —general meeting	2nd Wednesday	NO July & August mtgs.
AARP —board meeting	3rd Wednesday	1:00-2:00 pm
Benefits Counseling—one-on-one	1st Wednesday	9:00-11:00 am
Book Discussion	2nd Tuesday	1:00-2:00 pm
Bunco—Evening	1st & 3rd Tuesday	6:30-8:30 pm
Bunco—Daytime (begins in Sept.)	2nd & 4th Thursday	1:00-3:00 pm
Cinema Movie	3rd Wednesday	1:00-3:00 pm
Daffodil Dolls	1st Wednesday	10:30-11:30 am
Garden Club	1st Monday	9:00 am-11:00 am
Gospel Sing-A-Long	1st & 3rd Friday	2:45-3:45 pm
Mah Jongg (American)—Experienced	3rd Wednesday	9:15 am-12:30 pm
Mah Jongg (American)—Beginners	4th Wednesday	9:15 am-12:30 pm
Group Performance	July 30 & August 27	1:00 pm
Round Rock New Neighbors Cards	3rd Wednesday	9:30 am-12:30 pm
Scrabble	2nd & 4th Wednesday	1:00-3:00 pm
Spanish Karaoke	1st Thursday	10:00-11:30 am
Baca Center Volunteer Team	2nd Wednesday	9:00-10:00 am

Williamson Burnet County Opportunities (WBCO)

WBCO offers a well-balanced lunch Mon-Fri at 11:45 am for Williamson & Burnet County residents. WBCO members pay \$3 for meals. Meals are \$7 for non-WBCO member. Please notify WBCO if you are unable to attend lunch. Menu is available online & subject to change:

http://www.wbco.net/services_meals.html

512-255-4970

***ALL registration for programs/trips
will begin on Tuesday, June 30***

**www.flickr.com/photos/95453830@N03/
(link to trip photos)**

ORGANIZATIONS & CLUBS

BENEFITS COUNSELING—1st Wednesday, 9:00-11:00 am

July 1 & August 5 in the Baca Center Lobby—"The National Council on Aging" has created a comprehensive Benefits Check Up Questionnaire for Texas which will help older adults identify programs that may improve their quality of life. This one-on-one meeting will help individuals identify countless federal, state, local and private programs for which they may be eligible.

Visit with Nancy Kind, Volunteer Benefits Counselor or call her at 512-246-8455.

AARP—2nd Wednesday, 1:00 pm

July 16, 2:00-4:00 pm—AARP Day at Bethany Methodist Church, 10010 Anderson Mill Rd.
5 local chapters will come together for a meet and greet with vendors.

NO JULY OR AUGUST MEETING AT THE BACA CENTER

ART CLUB—1st & 3rd Wednesday, 1:00 pm business & demo at 1:30 pm

July 1—Presentation on String Art by Rob Monroe

July 15—Presentation on Marketing Your Artwork by Bretta Herzog

August 5—Janet Oh and Charlotte Barbini present on JAZZ

August 19—Presentation on Composition and Capturing Your Art Photography
by Steven Hg, Photographer

BACA PLAYERS DRAMA CLUB—Wednesdays, 1:00 pm

July 1 & August 5—will return to regular meetings in September

BOOK DISCUSSIONS GROUP—2nd Tuesday, 1:00 pm

July 14—"As You Like It" by William Shakespeare

August 11—Selected Poems by Emily Dickinson

August 18—An Imaginary Life by David Malouf

GARDEN CLUB—1st Monday, 9:00 am

July 6—Presentation on "Growing Herbs," by Cathy Slaughter from Gabriel Valley Farms

August 3—Presentation on "Succulents," by Diane Lind from Round Rock Gardens



AARP Driver Safety Course

Monday, July 13, 8:30 am-12:30 pm—Course #25326

Tuesday, August 18, 5:00-9:00 pm—Course #25329

The course enables drivers to get a 10% discount for 3 years
on *most insurance plans*. Please check with your insurance provider.

You **MUST** pre-register at the Baca front desk. Course does **NOT** dismiss traffic violations.
\$15 for AARP members & \$20 for non-members payable by **CHECK ONLY** to AARP.

PROGRAMS & CLASSES

American Mah Jongg

Some experience is required for this 3rd Wednesday morning group that plays Mah Jongg based on the Hands and Rules listed in the National Mah Jongg League 2015 card (this card is required in order to play). Contact Pam at icdafs@gmail.com to be added to the players list. Play sets are provided. Non-members pay \$1 walk-in fee.

3rd Wednesday, 9:15 am-12:30 pm

FREE for Members

American Mah Jongg

Play or learn to play American Mah Jongg with Cheryl. Bring the current card from <https://nationalmahjonggleague.org/store.aspx>. Beginners are required to contact Cheryl at least 2 weeks in advance of attending to receive reading material prior to training. RSVPs can be sent to: clw25703@gmail.com or call 512-965-7758. Non-members pay \$1 walk-in.

4th Wednesday, 9:15 am-12:30 pm

FREE for Members

Beginner & Advanced Tapping

Beginners—This class is for those wishing to learn the very basics of tap dancing.

Tuesdays, 8:30-9:30 am, \$4/class for Baca members & \$5 non-members.

Advanced—For the more experienced tapper, this course gives you the opportunity to fine tune and expand on your tapping skills and knowledge. Instructor approval required.

Thursdays, 12:30-1:30 pm, \$4/class for Baca members & \$5/non-members.

NO classes during June, July and August; classes will resume in September!!

Ultra Beginner Line Dancing

Beginners—Join Barbara Langham as she teaches the very basic steps to line dancing. Participants will learn the grapevine, kick-step and more. This program does not require any previous dancing experience and will help you move up to the beginning/intermediate line dance class.

Tuesdays, July 7-21, 2:00-3:00 pm

Cost is \$9/for 3 classes

Course #25345

Tuesdays, Aug. 4-18, 2:00-3:00 pm

MUST register in advance!!

Course #25346

Chair Yoga for Seniors

This class is perfect for persons who may have difficulty getting to the floor and back up. The chair provides support and stability in standing and seated positions, allowing the student to experience a yoga class where gentle backbends, forward bends, lateral stretches and twisting postures are easily accessible. Participants will benefit by improving flexibility, strength, circulation, range of motion, balance, posture and breathing. Suitable for people with limitations.

July 8-29—Wed., 9-10 am

Course #25776

\$38/4 classes

Aug. 5-26—Wed., 9-10 am

Course #25777

\$38/4 classes

PROGRAMS & CLASSES

Chair & Table Massage



*In Your Home
Senior Massage*

Do you have sore, achy muscles, stress, anxiety, low back pain, sciatica, or poor circulation? Massage can help get rid of muscle knots and tension that can cause mobility issues, pain, and trouble sleeping. Give *In Your Home Senior Massage*, PLLC a chance to work out those knots and tension areas either in a 15 minute chair massage or a table massage. Prices are as follows: Chair Massage—\$15 (15 min.) OR Table Massage—\$30 or \$55 for members; non-members add \$5. Call **512-736-9131** for an appointment on the 4th Friday of the month between 11:30 & 3:30 pm.

Flex & Stretch—NEW

This class is a great way to loosen up those sore muscles, aches and pains with a full body stretching session. Deep tissue stretching prior to or following a workout is a great way to repair the muscles and decrease your chances of injury. Most importantly it will help preserve energy for your next exercise routine. Tickets will be handed out 30 min. prior to the start time.
Mon. & Wed., 9:20-9:35 am & 10:30-10:45 **FREE for members w/weight room**

Balanced Life—NEW

This 30-minute class is designed to gain range of motion that will encourage an easier everyday life. It helps to work the muscles through relaxation and core strength. This class is FREE for Baca Center members with weight room. This program began on June 5 and will continue as long as we have a minimum of 5 participants per class.

Fridays, 9:00-9:30 am

FREE for members w/weight room

Computer Support

Is your data backed up, your warranty over, want to fix your computer yourself? Join Scott Wheeler for “how to” classes which will cover cleaning up your Windows operating system, install/uninstall applications/drivers, troubleshoot diagnostics, manage viruses, and more. Bring your laptop to the class. If you have a PC do a print screen of your issue. **MUST** register in advance. If no registrations, instructor will NOT show up. (No class on July 4)

Saturdays in July & August, 9:30 am-11:00 am

\$5/Saturday for Baca members

Enhanced Writing Sessions

The enhanced writing seminars are opportunities when writing skills can be increased through interactive learning. They will be presented twice a month on the second Monday and Thursday of each month. The seminars take place during the regularly scheduled writing club. No experience necessary but please bring paper, pen and your creativity. The seminars will be facilitated by Sheryl Davie and/or Paul Fronczek.

Dates: July 9; August 10 & 13

FREE for Members

PROGRAMS & CLASSES

Diabetes Management Class—NEW

Diabetes affects all races and ages. This disease can be hereditary and there are over 20 million people in the United States alone with Diabetes. There is good news that the Baca Center will be offering classes that will include: Learning how to take charge of your health and beat diabetes; find out how diabetes affects your body; make sense of your blood sugar numbers; meet others who have diabetes; have fun learning in a small group through games, activities and support conversations. Call **Michael Ross at 512-541-4341** to register.
Thursday, Sept. 3-Oct. 8, 1:30-3:00 pm **Dining Room—FREE**

Yoga Hoop Fitness Fusion

This class combines the benefits of both yoga and hula-hooping which builds core strength, provides a good cardiovascular workout, helps to burn calories, strengthens & tones the entire body, reduces stress, increases vitality, and improves rhythm & coordination. Hoops provided. Clothing should be flexible but not too loose. Instructor: Angela Richter-Gronross, RYT/ Hoopnotica Fit® Certified Instructor. Cost ranges \$35-45 depending on # of days.

July 9-23, 6:15-7:15 pm—Course #26275

Aug. 6-27, 6:15-7:15 pm—Course #25781

B-I-N-G-O for Grandparents & Grandchildren

The Baca Center would like to welcome grandparents and grandchildren ages 7 and up to play bingo on Fridays in June, July & August. Cost will be \$5 for members and \$6 for non-members. Each Friday in June, July and August (NO bingo on July 3). Only 1 child per grandparent will be permitted and registration will take place the day of the bingo game.

Gospel Sing-A-Long

Join this new group if you like to sing classic hymns. Song books will be provided. The program will be offered twice per month on the 1st and 3rd Fridays at 2:45 pm. NO program on July 3.

Friday, July 17 & August 7 & 21, 2:45-3:45 pm

FREE for Members

Pairs Training at Baca

Pairs training is designed to give participants an opportunity to exercise together with a family member or friend. This is a 30-minute class that occurs once a week for a month. Participants are encouraged to arrive early and warm up on a cardio machine or stretch to maximize the 30 minute training session. If interested in pairs training, let the Baca front desk know and we will set up training dates and times with one of our personal trainers. We can accommodate up to 4 pairs of students.

Cost is \$30/person for 4 30-minute classes

PROGRAMS

Legacy Recording Session—NEW

Record producer Matt Smith will record your song or recitation set to music. Participants will be given a CD and an MP3 file of their recording. Participants are limited to ONE recording and 10 minutes. **To get on the schedule, please contact the Baca Center front desk.**

Friday, Sept. 11, 1-3 pm

Music Room—FREE for members ONLY

WORKSHOPS

Fire Safety Workshop

Thursday, July 16 & Aug. 20, 11-11:45 am

Grand Meeting Room—FREE

“Hot Topics” is a sure fire way to get pertinent information on fire and life safety. Lt. Michael Heard from Round Rock Fire Department will offer this “pep talk” and answer questions.

Medication Workshop

Thursday, Sept. 3, 11-11:45 am

Grand Meeting Room—FREE

The Area Agency on Aging (AAA) staff works with a pharmacist to review consumer medications including over the counter medications to identify harmful interactions, reactions and related issues. To participate, consumers must be at least 60 years of age and taking 5 medications. **Bring your medications** to the workshop to receive a written report from the pharmacist and you may also choose to have a telephone conversation with the reviewing pharmacist.

SPECIAL EVENTS

Let's Dance Events

Let's Dance takes place one Friday every month where participants 50+ enjoy dancing to a variety of recorded music. Our goal is to offer participants throughout the community an opportunity to exercise and socialize, thus promoting physical and mental health. Refreshments, snacks and BYOB are permitted. The July dance theme will be Patriotic and August will have live music by Whitestone Band. The July dance is FREE for current Baca members and \$5 for the August dance.

Friday, July 10—#25341, 7:00-9:30 pm

Friday, Aug. 7—#25339, 7:00-9:30 pm

Baca Advisory Board

The Baca Advisory Board will have a meeting on Thurs. July 9th at 9 am. They will conduct their “Open Forum” information gathering and distributing session in the lobby the week of June 29-July 3, from 11 am-1 pm. The purpose of the Advisory Board is to be visible to the Baca members and provide a vehicle for members to present ideas and suggestions for the betterment of the membership as a whole. The board also promotes programs of the center. Please stop by the Open Forum booth and speak with your representatives during this time. Remember, this is your center, let's work together to make it a better place. And by the way, compliments are always welcome.

CINEMA MOVIES

Join the Baca Center for our monthly cinema day. Popcorn and lemonade will be provided. Movies are always FREE. July and August movies will be for grandparents and their grandchildren ages 7 and up.

PADDINGTON

Wednesday, July 15, 1-3 pm



A young bear travels to London in search of a home. Lost and alone at Paddington Station, he realizes that city life is not as he imagined. He meets the Brown family, who offer him a temporary haven. It looks as though his luck has changed until he catches the eye of a museum taxidermist.

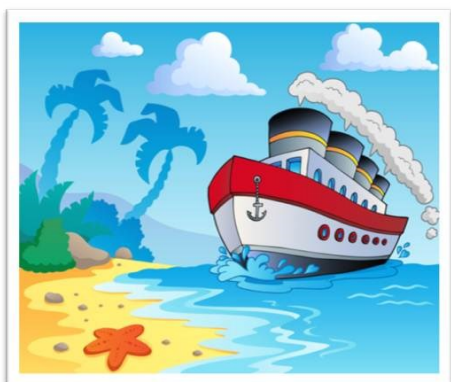
BIG HERO 6

Wednesday, August 19, 1-3 pm



The special bond that develops between plus-size inflatable robot Baymax and prodigy Hiro Hamada, who team up with a group of friends to form a band of high-tech heroes. When a devastating event befalls the city it catapults Hiro into danger. He turns to Baymax and his close friends to uncover the mystery and transforms his friends into a band of high-tech heroes called "Big Hero 6".

**Sail to the Caribbean
on the
Norwegian Jade
January 23-30, 2016
Details at the front desk**



*Live, Laugh, and Love your Life
at Ashwood!*



Ashwood Retirement Community has it all! Our residents enjoy our comfortable accommodations, down to earth atmosphere, extraordinary amenities and surprisingly affordable monthly fees. Our residence features three delicious meals daily served restaurant style, an outstanding activities program, scheduled transportation, weekly housekeeping, paid utilities, kitchenette, 24 hour staff, and much more. Our beautiful apartment complex includes an outdoor courtyard and a heated pool. Come by and see just how easy life at Ashwood can be!

Ashwood Retirement & Assisted Living

12151 Hunters Chase Drive

Austin, TX 78729

512-336-4100

www.ashwoodassistedliving.com

DAY TRIPS & TIPS



If you like to see new places, museums, plays, movies, restaurants, concerts, then you'll want to travel with the Baca Center.

Members may register one additional person per trip at time of registration. Non-members please add \$5 for the cost of each trip. Only those riding the Baca transportation can participate in trip activities. **Times and events are subject to change.** Return time is an estimated time of return, it

depends on traffic, event wrap up, and any travel delays.

Please arrive 15 minutes early. Check in with the bus driver for exact departure and arrival times. If a member has a medical condition and must pre-board on the bus, a *current* doctor's note must be on file with the staff. The building may not be open when returning from a trip so those that have parked in the Baca garage will have to walk down the ramp.

Participating persons with a disability or a physical condition requiring them to use a wheelchair must be accompa-

nied by a companion to provide them with needed assistance in accessibility situations (restrooms) during the trip. The companion must be a relative or personal care taker specifically for the participant. Due to the bus configuration, we can only accept 1 wheelchair per trip (no scooters). For proper arrangements, please inform the Baca Center staff at registration. Cost for meals will vary by type of restaurant, participants are responsible for checking meal costs ahead of time through website. An 8-20% gratuity may be charged.

POLICY & PROCEDURES FOR TRIPS

Please check in with the driver before each trip. Payment is required at time of sign up. Please do NOT show up more than 15 minutes prior to departure, the building may not be open. Participants are only allowed to save ONE seat on the bus for their travel companion.

TRIP CANCELLATION POLICY

In the event of a cancellation, a CREDIT for the amount of the trip will be added to your account **ONLY IF**:

- 1) The Allen R. Baca Center cancels the trip.
- 2) A substitution has been made from the waiting list to fill your spot.
 - A) If no substitution can be made and the request is made 14 calendar days or less from the start date of the trip, all fees are forfeited.
 - B) If no substitution can be made and the request is made 15 calendar days or more from the start date of the trip, a credit for the amount of the trip will be applied to your account or you will be assessed a \$25 processing fee for a refund. **There will be NO substitutions allowed the day of a trip AND no last minute show-ups.**

ONLINE REGISTRATION—WWW.ROUNDROCKRECREATION.COM

Online registration is a great way to sign up for trips without the hassle of waiting in line!

Visit **www.roundrockrecreation.com** for online sign up.

TRIPS, TRIPS, TRIPS

**ALL REGISTRATION FOR THE LISTED TRIPS
WILL BEGIN JUNE 30, 2015 @ 8 AM UNLESS NOTED**
***DON'T WAIT TO REGISTER—TRIPS FILL UP QUICKLY AND IF NOT
ENOUGH REGISTRANTS, THEY WILL BE CANCELLED.***
DON'T BE LATE, WE CAN'T WAIT!!!
**Remember: If you cancel LESS than 2 weeks in advance,
you will NOT get a refund or credit.**

Monday, July 6-#26668

Monday, Aug. 3-#26669

Tuesday, Sept. 1-#26670

Depart: 8:00 am

Return: 2:00 pm

Cost: FREE (Meal OYO)

Where: Austin



CANINE CRUISERS

Calling all animal lovers interested in helping walk dogs or cats at the Austin Animal Shelter. This is a NEW program in which volunteers will receive training and walk dogs in pairs of 2 adults to 1 dog/cat. The shelter has many animals that don't get an opportunity to take a walk outside of their kennel. We have sponsors that pay for the bus trip so we can provide transportation for FREE. Volunteers will need to pay for their lunch at Dan's Hamburgers after our volunteer time. You can register for 1 or all 3 trips. If the group as a whole decides to skip lunch and keep walking animals, we will not go to Dan's Hamburgers. We took our first group in May and our volunteers absolutely LOVED their time with the animals so much so that they suggested we skip lunch and spend more time walking animals.

**www.austintexas.gov/departments/animal-services
www.dans-hamburgers.com**

Monday, August 10

Depart: 8:30 am

Return: 2:30 pm

Cost: \$6 (Flight & Meal
OYO)

Where: Austin

Course #26174



I FLY & KERBEY LANE CAFE

This is the perfect opportunity to try skydiving without actually jumping out of a plane. I Fly, a state of the art indoor sky diving facility allows you to experience skydiving in a wind tube with a personal instructor. This trip is NOT for those with prior back or shoulder injuries and you must be under 250 lbs. We have secured a discounted price of \$49.95/person (cash ONLY) which will be paid by each participant. There will be pre-flight instruction and all gear will be provided. Participants must wear comfortable clothing and laced shoes. Come fly and/or watch all your friends fly. Your flight is equivalent to 1½ skydives. Friends, family and spouses may join us even if not flying. This trip is open to ANYONE age 18+ so bring your grandchildren, friends, family, etc. After our flight we will go to Kerbey Lane Café for lunch. *MUST register for this trip by August 3 and NO cancellations after August 3.*

www.austin.iflyworld.com

www.kerbeylanecafe.com

TRIPS, TRIPS, TRIPS

Sunday, July 19

Depart: 1:00 pm

Return: 8:00 pm

Cost: \$31 (Ticket Incl. & Meal OYO)

Where: Georgetown

Course #26181

Can register NOW

HANK WILLIAMS: LOST HIGHWAY AT THE PALACE

Follow Williams' rise from his beginnings on the Louisiana Hayride, to his triumphs on the Grand Ole Opry, to his eventual self-destruction at age 29. We will be treated to songs like "I'm So Lonesome I Could Cry," "Move It on Over" and more. After the show, participants can walk the square and choose a place to eat on their own. There are many great restaurants on the square and this way everyone can choose their favorite place. *MUST register by July 6 so we can reserve our seats.* www.georgetownpalace.com

Sunday, August 16

Depart: 1:30 pm

Return: 5:30 pm

Cost: \$48 (Ticket Incl.)

Where: Austin

Course #26182

Can register NOW

SOPHISTICATED LADIES AT ZACHARY SCOTT THEATRE

Welcome to Harlem's famed Cotton Club in this stylish, brassy, musical celebration of Duke Ellington's greatest musical hits. A full on-stage orchestra backs superb jazz vocalists, extraordinary tap dancers, dazzling deco costumes and unforgettable torch singers who bring classics like "Mood Indigo" and "Take the A Train" to vivid life in this grand Tony Award-winning Broadway musical. *MUST register by August 1 so we can reserve our seats.* www.zachtheatre.org

Thursday, Sept. 10

Depart: 8:30 am

Return: 1:30 pm

Cost: \$22 (Ticket Incl.)

Where: Cedar Park

Course #26822

BODY WORLDS & BELINIS BAR & GRILL

Body Worlds & The Cycle of Life gives visitors the opportunity to witness the body through time—as it changes, grows, matures, and ultimately, wanes. As we age, we experience the body in different ways. At each stage of life, we seek new answers. This exhibit celebrates the wonders of the body in childhood, adulthood and across the arc of aging. Dr. Von Hagens' Body World exhibitions have been seen by 40 million people globally. After our tour, we will go to Belinis Texas Grill for lunch.

www.txmost.org

www.bellinistexasgrill.com

TRIP INFORMATION

1. The Baca Center will **NOT** be offering overnight trips via bus nor trips to out of state casino's. Due to the fact that we do not do overnight trips, we will only travel a 3 hour distance from Round Rock. We do NOT do trips on holidays.
2. Trips are planned more than two months in advance and it is difficult to book last minute trips. We strive to provide a variety to meet all interests. Some trips are scheduled every couple of years depending on the type of trip and if we had a waitlist for the previous trip. Some trips will be duplicated if we have more than 16 on the waitlist and time permits.
3. There will be minimal trips scheduled in the summer due to the heat and other uses for the bus during June-August.
4. If you have submitted a trip idea and we have not scheduled your suggested trip, there are usually reasons why we have not have scheduled the trip: i.e. too far away; they don't do tours; too expensive, etc. If you wish to know why, stop by and ask.
5. Please remember to review the trip policy and procedures for all trips.

FISHING?????

Interested in a fishing trip
to a local lake or the coast?



Let the Baca front desk know
and if enough people are interested
we will schedule a trip this Fall.



Dr. Requeijo is the Founder of
Elite Patient Care,
HIA Hospital Internists of Austin with
St. David's Medical Center, Medical Director
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Williamson County CAREGIVER CONFERENCE



Saturday, August 15th

Round Rock Conference Center at Wingate Hotel

2015 Keynote Speaker:

Howard Gruetzner

"Empowering Caregivers When
Faced with Difficult Decisions"

Online Registration Opens July 1st:

www.AGEofCentralTX.org

JAZZERCISE

This 60 minute class held in the [Baca Center](#) Aerobics Room offers a blend of jazz dance and exercise set to favorite music – Top 40, jazz, country, funk and classics. Easy-to-follow, fun choreography includes a gentle warm up, 30-minute aerobic workout, muscle toning and strengthening segment with weights and a stretch finale. Classes are held continuously and you can start anytime! Contact Kathie Elkins at rrjazzercise@gmail.com or (512) 244-2534 to register for classes.

Fees:

\$40 – monthly auto-draft

\$30 – Joining fee

\$15 – Walk-in fee for single class

Schedule:

9:00-10:00 am Mon., Wed., Fri., Sat.

5:15-6:15 pm Mon., Tues., Wed., Thurs.

6:15-7:15 pm Mon., Tues., Thurs.



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Center Holiday Closures:
July 3rd—Open 8 am-noon
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July 4th—CLOSED

WBCO Lunch Reservation:

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